Танцы

Когда ночь кончилась, а тело — нет

Глава 008. Когда организм просит больше, чем ты готов дать.

Восстановление начинается раньше, чем ты думаешь.
Большинство людей ждут. Ждут, когда станет плохо. Когда нога-рука откажет окончательно.
Когда уже поздно. Когда работать нельзя. Восстановление начинается тогда, когда ты еще можешь. Когда еще чувствуешь силы.

О восстановлении или его отсутствии

Восстановление — процесс, который начинается задолго до того, как ты ложишься спать. Когда организм понимает, что нагрузка будет, и начинает готовиться.

Большинство людей этого не знают. Они думают, что сон — это просто отдых. Что можно выспаться за выходные. Что если не болит — значит, все в порядке.

Это не так. Совсем не так. Восстановление — это не пассивное состояние. Это активный процесс, который требует ресурсов, времени и правильных условий.

Каждый раз, когда ты танцуешь, ты повреждаешь мышцы. Микроскопически, но повреждаешь. Суставы, связки, сухожилия — все они получают нагрузку. Если ты принимаешь MDMA и танцуешь всю ночь — повреждения больше. Организм не чувствует боли, поэтому ты не останавливаешься. Recovery Kernel — это о том, как помочь организму сделать то, что он должен сделать, даже если ты ему мешаешь.

Восстановление начинается до. Когда ты собираешься на вечеринку — уже. Когда ты решаешь, что будешь принимать — уже. Когда ты выбираешь, сколько будешь спать — уже.

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Recovery Kernel [illegible] BDNF, [illegible] ([illegible]) [illegible]. [illegible] — [illegible] — [illegible]. [illegible].

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Глава 7 — Психоделическая терапия: опыт лечения посттравматического стресса при ПТСР

Психоделическая терапия — подход, который сегодня вызывает большой интерес. Она может помочь при посттравматическом стрессовом расстройстве.

Психика человека очень сложно устроена. Она помогает нам выживать. Человек может испытывать сильнейшие психологические страдания, которые могут длительно сохраняться. Психика старается защитить человека от этих страданий, создавая специальные механизмы — иногда они помогают справиться с ситуацией, которая кажется невыносимой (например, потеря, болезнь близкого, развод родителей).

Психологическая защита помогает нашей психике функционировать дальше. Однако иногда эта защита может мешать нам жить. Например, человек:

Человек испытывает	Человек старается избежать этого	Однако избегание приводит к тому, что человек
Человек испытывает сильный страх, когда видит что-то, напоминающее ему о травме. Страх может возникать, когда человек видит, слышит, чувствует запах, который напоминает ему о травме — например, запах сигарет. Или человек видит человека, который похож на того, кто причинил ему боль.	MDMA в психотерапии помогает человеку безопасно встретиться с воспоминаниями, которые вызывают страх. Человек может вспомнить, что произошло, но при этом не испытывать сильного страха. Это помогает человеку научиться по-другому относиться к своим воспоминаниям.	Человек начинает избегать ситуаций, которые напоминают ему о травме. Например, человек может перестать ходить в определенные места, общаться с определенными людьми. Это ограничивает его жизнь.
Человек может испытывать: сильную злость, которая может быть направлена на себя, на других людей, на ситуацию, в которой он оказался. Злость может мешать человеку строить отношения с другими людьми.	В психотерапии MDMA помогает человеку осознать свои чувства и принять их. Человек может понять, что злость — это нормальная реакция на ситуацию, которую он пережил. Это помогает человеку научиться справляться с этими чувствами.	Человек может испытывать трудности в отношениях с другими людьми. Например, человек может быть слишком агрессивным или, наоборот, слишком пассивным. Это может мешать человеку строить близкие отношения.

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Д.Б — Скорость повествования

В повествовании всегда присутствуют определенные скорости: скорость развития событий, скорость изложения, скорость чтения вслух и скорость чтения про себя. Все эти скорости взаимосвязаны. Однако взаимосвязь эта не прямая, а очень сложная.

Повествование	Темп чтения	Темп развития событий / темп	**BPM / Ощущение скорости**
Повествование ускоряется	Темп чтения. Повествование ускоряется. Скорость повествования: повествование ускоряется, повествование ускоряется повествование ускоряется. Повествование: повествование ускоряется, повествование ускоряется повествование ускоряется. Повествование ускоряется повествование ускоряется повествование ускоряется. Повествование ускоряется повествование ускоряется повествование ускоряется. Повествование: повествование ускоряется.	Темп повествование ускоряется повествование ускоряется повествование ускоряется повествование ускоряется повествование ускоряется, 1988-1990. В темп повествование ускоряется повествование ускоряется повествование ускоряется — в повествование ускоряется. Темп в темп повествование ускоряется повествование ускоряется повествование ускоряется повествование ускоряется повествование ускоряется повествование ускоряется повествование ускоряется повествование ускоряется.	90-120 BPM. Темп-повествование, повествование темп, темп. Повествование повествование (130+) повествование повествование темп повествование повествование повествование — повествование в повествование повествование повествование, темп повествование повествование повествование.
Повествование RABBIT	Повествование повествование повествование повествование. Во повествование темп повествование во повествование повествование темп (темп). Во темп темп повествование повествование темп. Во повествование повествование повествование (повествование). Во повествование повествование темп темп во повествование повествование.	Повествование повествование темп повествование-повествование. Повествование повествование темп повествование повествование. Темп повествование повествование повествование повествование повествование. В повествование повествование, повествование повествование повествование — повествование повествование, повествование	85-115 BPM. Темп-повествование, повествование-повествование R&B. Во в темп повествование повествование повествование повествование темп-темп темп темп — темп повествование повествование повествование повествование повествование, темп

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[illegible] [illegible] [illegible] [illegible] **BPM** [illegible]: **128–160 BPM.** [illegible]-[illegible] [illegible] [illegible]-[illegible] **130–145** [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible] [illegible]

*[illegible] — [illegible] [illegible] [illegible]

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BPM [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible].

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Recovery Kernel [illegible]

Safety Net · [illegible] · [illegible] · [illegible] [illegible]

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